

# 1. Starter Wellness Package for \$325 <sup>+HST</sup>

This is a perfect way to get started on a plan to improve your health.

## Includes:

- Complete intolerance testing
- Live blood cell analysis
- Initial consultation with a Naturopathic Doctor

The Naturopathic Doctor will put together a plan based on your intolerance testing and Live blood cell results.

# 2. 28-day Better Body Plan for \$499 <sup>including HST</sup>

## Includes:

- An initial consultation with a Naturopathic Doctor
- 3 intense workouts weekly for 4 weeks
- A customized nutrition plan
- Supplement recommendations
- Weekly visits with a Naturopathic Doctor



# SPECIALS

• Offered Sandra Cross, RNCP •

**3.** \$25 <sup>+HST</sup> **New Service Discount  
Cards for Intolerance Testing/  
BIE Therapy/Reflexology**

**4.** 60 min massage for \$65 <sup>+HST</sup>

**5.** Massage Package:

**5 x 60 min massages for \$325 <sup>+HST</sup>**

(\$400 Value)

**6.** Yoga for stress management - all levels:

**6 x 60 min yoga classes for \$50 <sup>+HST</sup>**

Session: Tuesdays 7:00 pm at the Kitchener Market.

Feb 21st – March 28th.

**7. Live Blood Cell Analysis  
including mini-nutritional  
consultation for \$70 <sup>+HST</sup>**

**8. Mini-LBCA on site - \$35 <sup>+HST</sup>  
(reg. \$90)**